

How can family meals help my child?

When you eat and talk together as a family, you teach your child verbal skills, table manners and your family values.

- ★ Give your child a gift – healthy meals at home – where you create routines and traditions that work best for your family.
- ★ Eating at home is a win-win situation – your family gets more nutrition for less money.

Choose one to start the conversation:

- 1 Different families have different mealtime routines and traditions. My children like to use the plastic place mats they made at school. I'd love to hear more about the things you do to make everyday meals special times for your children.
- 2 We've been collecting ideas for easy home-cooked meals that save time and money. Do you have another idea that I could add to our list? Our best ideas always come from parents like you.



Use emotion.

Discuss family meals as times for family bonding – and sharing family values.